FAMILY LIFE

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THE CONDUCT OF SEX

Each generation should scrutinize, challenge, weigh, and evaluate the customs and rules which it has received from the past. A custom that is old is not necessarily good. On the other hand, a mere change from the past does not necessarily represent progress. Evaluation must be made in the light of some guiding principle, some scale of values. This is particularly necessary in considering sexual behavior, because the emotions involved may so easily blur a clear view and prejudice sound judgment.

There has been no lack of criticism of the standards of sexual behavior, during the past generation. Some of this was merely an infantile protest against the existing order: "Whatever is, is wrong." Other criticism has been based on established authority or on some set of values that the critic believed to be universally valid. One of the most recent critiques is from Lawrence K. Frank in a book called *The conduct of sex* (Pp. 192, no index, price $4 from William Morrow and Co., 425 Fourth ave., New York 16, N.Y., 1961.) Mr. Frank does not think the last word has been said. "As indicated by this book," he notes in his preface, "we await the creative imagination which will enable us to formulate a sex ethic for guiding sex relations and advancing toward our enduring goal values: the worth of individual personality, and recognition of human dignity, beginning at birth."

Some readers will question whether creative imagination is sufficient for this purpose. Perhaps inductive reasoning might also be used: the consequences of various types of behavior might be studied and the results compared. Mr. Frank makes no use of this method, although a very large amount of evidence is accumulating steadily,—most of it unfavorable to his argument. Again, are there not other enduring goal values than the two he names? Is not the survival of the race desirable? If it should turn out that what we thought to be the recognition of human dignity actually led to the extermination of the people who practiced it, could we still be satisfied that we were on the right track? If what we believed to be a necessary emphasis on the worth of human personality actually led to the deterioration of a people, would be sure that we had judged rightly? There is no disagree-

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ment about the value of the human personality and human dignity; but there is room for going a little farther before closing the books. If it be granted that the deterioration of mankind is undesirable and that the progressive evolution of mankind is desirable, then all of our measures must be judged in the light of that fact as well as others. This Mr. Frank seems not to have done, and his easily-read book therefore falls far short of what might have been expected from him.

Mr. Frank's first chapter is on "The population explosion" and he reiterates throughout the necessity and legitimacy of population planning. It might be thought that this battle has already been fought and won and hardly merits the emphasis he gives it. He then describes the process of reproduction and turns to the social and cultural factors to which he has devoted much study, giving special attention to "The emergence of women." Finally he devoted the last 50 pages of the little book to a complaint, well justified but not novel, about the lack of proper sex education, the unnecessary warping and frustrating of many personalities by the current "sexual morality," which he takes to mean the accumulated unwise dogmas and superstitions of the population.

Then he champions the need for a real sex ethic, of which he says the crux is "that each individual recognizes what he or she may do to another person by any attempted or proposed sex relation," and also what it "does to the individual personality of the actor." Perhaps he does not mean this to be taken literally, for it gives no thought to the effect on the institution of the family (which he agrees is a fundamental one), nor on social organization and stability, nor on the evolution of mankind toward something better than its present parlous state. Apparently if justice seems to be done to two individual personalities, everything else will follow automatically.

From his point of view, "Today we are not faced with theories and abstractions but with cumulating evidence of what our social morals are doing to human lives and social order. Our clinics and hospitals, our social agencies and our courts, the portrayals by novelists, dramatists, and poets give evidence of the misery, the tragic unhappiness and self-defeat of those who are being damaged by these traditional teachings. We should also remember those who, having rejected traditional restraints and prohibitions about sex, are ruthlessly exploiting those who are still loyal to the tradition."

Now, just what is this tradition that Mr. Frank thinks is ruining the population? It is not essentially, as he seems frequently to imply, that sex is something nasty, dangerous, and evil. The basic tradition of the Judaeo-Christian doctrine would seem, when reduced to simplest possible terms, to involve continence until marriage, and fidelity after marriage. Most of the misery and tragic unhappiness, etc., of the persons who crowd the courts and

clinics, is not because they followed this tradition, but because they failed to follow it!

True, not everyone can follow it. What shall be done for the others? "We must not attempt, as we have for so long," Mr. Frank declares, "to impose any one single norm to which all persons must conform." Just what does he intend this to mean? He does not spell it out. Are the feebleminded and the mentally distubed to be encouraged to do whatever they please on the ground that the worth of their individual personalities requires it? Bertrand Russell, himself certainly no friend of tradition, declared long ago that "Love is an anarchic force which, if left free, will not remain within any bounds set by law or custom." If we are to have no single norm, how many shall we have, who will establish them, and who will enforce them? The author completely ignores such questions.

Moreover, if we must not attempt to have one norm in sex to which all persons must conform, this should also be the case with all other strong human drives. Acceptance of it would seem to point the way clearly to chaos. In any event, would it not be better to exhaust all the possibilities of good education, before taking any other steps which might turn out to be headed in the wrong direction and which would not be easy to retrace?

There is great need at this time for some hard thinking and intensive investigation to establish the bases of a scientifically sound sex ethic and to get such ethic passed on to parents, who very largely determine the behavior that their children will adopt in the future. Mr. Frank's call for attention to this need is welcome; but he has done little in this book to satisfy the need.

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Are We Living Longer?

One of the commonest of statistical fallacies, continually repeated by those who should know better, is that the span of life in the U.S.A. is increasing steadily and that in another generation or two the average person will become a centenarian and persons living to the age of 125 will be as common as centenarians are now. We are continually reminded that the expectation of life has increased by 30 years, in a relatively short time.

This involves primarily confusion in the use of words. The "expectation of life" is ordinarily taken from the moment of birth. If 200 babies are born, half of whom die in the first week while the other half live to be 60, then the average expectation of life for the 200 will be 30 years. If early mortality can be prevented so that the whole group live to be 60, then it can be said that science has increased the *average* expectation of life by 30 years; but obviously it has, in this imaginary illustration, not added a single year to the span of life of those who "live to grow up."

Diagrammatically, this is what has occurred in the United States and other civilized countries. Infant, child, and early mortality have been diminished, so that more people live out their normal span; and this is a tremendous gain. But it does not increase the "normal span." There are no more people living to be 100, than there were before.

Turning from an imaginary and schematic picture, to the actual vital statistics, one immediately discovers that people who reach 60 do not live much longer than they did a century ago. The subject is reviewed in the Statistical Bulletin of the Metropolitan Life Insurance Co., Nov., 1960. It is noted that, during the last generation, the expectation of life at age 60 has increased one year among white men and about three years among white women. This gives little basis for assumming that in the near future we can all expect to be centenarians!

Some future improvement can of course be expected. So far, gains have been largely due to control of infectious diseases; but as people avoid these, they simply live long enough to become victims of the degenerative diseases. These will also be brought more fully under control. But so far as the existing facts are concerned, the adult today has not had his life extended by 30 years, but by one year.

Notes From the AIFR

COMPLETE PROGRAM of the 14th annual Marriage and Family Counseling Workshop, July 31-Aug. 12, is now ready and may be had on request to the Institute. An outstanding faculty of 18 experts will help those professionally interested to familiarize themselves with the latest methods of counseling. The Institute is accredited by the graduate school of Chapman College for two units in sociology and by the graduate school of Pepperdine College for three units in psychology, for those who are properly qualified. All members of the workshop are given actual experience in group counseling and in the use of tests particularly appropriate to marriage counseling.

SEVEN STUMBLING BLOCKS AHEAD OF HUSBANDS, which appeared in the Nov., 1960, issue of *Family Life,* has been in such demand that it has been mimeographed as a separate bulletin, No. 138, obtainable from the AIFR office for 10c.

BEFORE YOU MARRY, the Institute's folder concerned with pre-marital education and containing a self-scoring test, "Are you ready for marriage?", is available free of charge, in quantity, to teachers, clergymen, executives of youth organizations, and others who want to distribute it to young people.

Educational Notes

THE AMERICAN HOME ECONOMICS ASSN. will hold its 52d annual meeting in Cleveland, Ohio, June 27-30.

INTERNATIONAL JOURNAL OF RELIGIOUS EDUCATION announces a special May issue, "Families in church and home." Copies can be ordered from the Journal office, Box 303, New York 27, N.Y.

COLORADO is one of the most recent states to adopt legislation authorizing its District Courts to set up marriage counseling as an adjunct to the court. Utah has for some years had a similar provision.

TWO OUT OF THREE of older families who live in cities and the suburbs own their own homes, usually mortgage free. Equity in homes is the most important financial asset of older persons.

MENTAL HEALTH WEEK will be observed for the 13th time, April 30 to May 6.

THIRD WORLD CONGRESS of psychiatry will be held in Montreal, June 10.

SEX WAYS—in fact and faith, is the title of a workbook to be published in May, in preparation for the North American Conferenece on Church and the Family which will be held at the beginning of the month. Edited by Evelyn M. and Sylvanus M. Duvall, it contains contributions from 14 other specialists who will consider the bases for a Christian family policy. It will be distributed to the members of the conference and put on sale publicly immdiately afterward by the Association Press, 291 Broadway, New York 7, N.Y.

THEOLOGICAL SCHOOLS AND FAMILY LIFE EDUCATION, a service bulletin (23 Pp.) compiled by Everett M. Stowe, is available at 75c per copy from the World Council of Christian Education and Sunday School Assn., 475 Riverside Drive, New York 27, N.Y. It summarizes responses concerning curriculum offerings in 27 theological institutions among the "younger churches" in foreign countries and 37 in the U.S.A.

LESS THAN 9% of total population of the U.S.A. now lives on a farm, says the Census Bureau. Today's farm population totals approximately 16,-000,000,—the criterion of what actually constitutes a farm being that the dweller should sell at least $50 worth of crops or live-stock in a year.

FIFTY PLUS is a new magazine for senior citizens, first issue of which is scheduled to appear on Jan. 10. Subscriptions at the pre-publication rate of $3 a year may be sent to the magazine at 2017 Massachusetts ave., NM, Washington 6, D.C.

CORRESPONDENCE COURSES in preparation for marriage were discussed at the last annual meeting of the Commission on Marriage Guidance of the International Union of Family Organizations. A Roman Catholic course of 15 sections, prepared by the University of Ottawa, Canada (in both French and English) has been adapted for use in several continental countries with excellent results. Speakers from several countries noted that those who nost need preparation were the least likely to attend lecture courses or, in innumerable instances, were out of reach. A correspondence course could be sent to both partners and could enable them to discuss their problems with a common body of information and point of view.

Around the World

....INDIA reports that there are now 1,349 family planning clinics in the nation. At the beginning of the Second Plan there were only 147. Between 1956 and 1959 the number of persons reported sterilized had increased from 7,283 to 31,128. Government has made an allocation of $42,000,000 to push the family planning program.

INTERNATIONAL UNION OF FAMILY ORGANIZATIONS will hold its 1961 annual meeting at The Hague, in April.

IMPORTANCE of family organizations in France is mirrored in the completion of a new five-story building for the offices of such organizations in Strasbourg. It houses more than a dozen important associations and societies.

NEXT SESSION of the Commission on Marriage Guidance of the IUFO will be held in London, June 22-25, under the chairmanship of Dr. David Mace. Topic: "The first five years of marriage."

FRENCH director general of public health has thought it necessary to issue a special order concerning the identification of new-born infants, as a result of what he calls "exceptional but very regrettable accidents" in which babies were substituted or exchanged at birth. No longer will hospitals be allowed to stick a piece of adhesive plaster on the new-born with the room number scribbled on it. A bracelet or collar must be put on both infant and mother, before the umbilical cord is cut, and the information must be identical; beyond that, registration of the infant's footprint is recommended.

INTERNATIONAL POPULATION CONFERENCE, held by the International Union for the Scientific Study of Populations, will meet in New York, Sept. 1-16, under auspices of the Population Assn. of America. Details may be had from Clyde V. Kiser, chairman, local arrangements committee, Milbank Memorial Fund, 40 Wall st., New York 5, N.Y.

YUGOSLAVIA is the latest claimant to to championship for short marriages and speedy divorces. A couple in the city of Bugojno had a wedding at 12:20 p.m. and at 4:45 p.m. of the same day appeared before the divorce tribunal asking separation on the ground of "incompatibility."

NICARAGUA has put into effect a Law for the Protection of Large Families, which makes no distinction between children born legitimately and those illegitimately, provided the latter are supported by the father. The large family is given special opportunities for education, special reductions on railway tickets, tax reductions, and preferential treatment in getting employment with the government.

Inexpensive Pamphlets

DO IT YOURSELF with the handy family, by Lloyd Birmingham. Pp. 118, (paper covers), price $1 from Fleet Pub. Co., 230 Park ave., New York 17, N.Y., 1960—Hundreds of easy projects and household hints in comic strip form.

PRIMITIVE PEOPLES TODAY, by Edward Weyer jr. Pp. 275 (paper covers), price 95c from Doubleday & Co., Garden City, N.Y., 1961.—By a well-known anthropologist; a "Dolphin book."

THE RETARDED CHILD CAN BE HELPED, Pp. 18, free on request to Natl. Assn. for Retarded Children, 386 Park ave., South, New York 16, N.Y., 1960.

FACTS ON MENTAL HEALTH AND MENTAL ILLNESS, Pp. 12, price 10c from Supt. of Documents, U.S. Govt. Printing Office, Washington 25, D.C.

MENTAL HEALTH MOTION PICTURES, a selective guide compiled by Natl. Institute of Mental Health. Pp. 98, price 35c from Supt. of Documents, U.S. Govt. Printing Office, Washington 25, D.C., 1960.

FAMILY LIFE EDUCATION, bulletin outlining comprehensive program, free on request to Administrative and Service Center, Seattle Public Schools, 815 Fourth ave. North, Seattle 9, Wash.

TRAINING OPPORTUNITIES FOR WOMEN AND GIRLS, Pp. 64, price 30c from Supt. of Documents, U.S. Gov. Printing Office, Washington 25, D.C. (Catalog No. L 13.3:27).

POINTS DE VUE SUR LES PROBLEMES DE POPULATION, Pp. 35, price 40c from Union Internationale des Organismes Familiaux, 28, Place St. Georges, Paris 9, France.

NEW BOOKS IN BRIEF REVIEW

THE EGO IN LOVE AND SEXUALITY, by Edrita Fried. Pp. 296, price $5.50 from Grune & Stratton, 381 Park ave. S., New York 16, N.Y., 1960.

Psychoanalysts have given a good deal of attention to hostility and aggression, but not much to love, Dr. Fried claims, and attempts to show particularly the place of the ego in sexuality and more specifically in love. The book is filled with interesting suggestions which she usually states as fact, in accordance with the usual practice of psychoanalysts, without thinking it necessary to offer any proof. She insists that "homosexuality is a human rather than primarily a sexual disorder" and says that if attention is directed primarily to the fundamental problems, mental and emotional, of the subject, rather than to his sexual behavior, the symptom of homosexuality will disappear when the personality as a whole is put on a sounder basis. The reported great difficulty of "changing over" a homosexual is due mainly to the fact that the therapist has tried to attack the symptom rather than the cause, she believes. She has much of interest to say about adult masturbation, lack of sexual responsiveness, marital relationships (especially over-dependency), and isolation. The last two chapters deal with boredom. "We need a permanent and steady love and sex relationship, but we also have a deep and important need for change," she asserts, and she proposes that this need can be satisfied by self-change instead of mate - change, — a proposition which deserves much fuller treatment than she provides. Her theses are liberally illustrated by case histories, which however someone else might interpret in a different framework. Dr. Fried, a Viennese, now a practicing psychotherapist in New York City, has written a provocative and enlightening book, which anyone interested in human behavior will want to read with some reservations, but will find richly repaying.

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HANDBOOK OF RESEARCH METHODS IN CHILD DEVELOPMENT, edited by Paul Henry Mussen. Pp. 1013, price $15.25, from John Wiley & Sons, Inc., 440 Fourth Avenue, New York 16, N.Y., 1960.

Hours of laborious searching for the research specialist are condensed in this single volume of a collection of research methodology used and suitable in the study of children, providing a thorough background in the theoretical constructs as well as stimulating suggestions for future studies. Children are identified as those not having reached the 18th birthday, with digested descriptions and evaluations of methodology used from birth to 2 years (babyhood); three to six years (pre-school); 6 to 12 years (elementary), and 12 to 18 (adolescent). Beginning with a general discussion of scientific methodology, classification problems and ethical and practical limitations when studying children, thirty experts in the field of child development have carefully contributed a survey of present day research techniques and designs in the following areas: The child's biological develop-

ment; his cognitive processes of perception, learning, problem solving and communication; the measurement of children's attitudes, values, motivation, affect and personality characteristics, and the social and environmental aspects of the child's behavior.

This book, however, reflects only present research methods and may be soon out-dated with new and improved methodology, as the Editor suggests, and adds "this venture thus contains the germ of its own destruction . . . since its goal is to stimulate advances that may make it obsolete."—Ruth B. Michaelson, M.A.

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BETWEEN YOU, ME, AND THE GATEPOST, A heart-to-heart message for teen-agers, by Pat Boone. Pp. 53 (no index), price $2.95 from Prentice-Hall, Inc., Englewood Cliffs, N.J., 1960.

The author's first book *'Twixt Twelve and Twenty,* became a best seller. This second book will probably be snapped up just as eagerly by his teen-age friends. While there is some duplication in ideas it can be considered as supplementary, answering the many questions which came to him from his teen-age readers and followers. The author sums up pretty well what he has tried to do in the book in these words: "We've talked about You, your talents, your ambitions. About how to get along with the other folks in your life. About your love and your eventual marriage. About your place in this old world, and your importance to it . . . How YOU could have a big influence on the whole world . . . right now, today . . . " In an attempt to write in a friendly manner he probably writes down too much instead of up, using teen age slang words and phrases a bit too freely. The crowd for whom he writes can take his message UP. Notwithstanding this minor criticism his message is a good one and I am sure that his readers will say, "We are listening."—Robert S. Hicks, Pd.D.

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FORTY-SIXTH ANNUAL REPORT OF THE MUNICIPAL COURT OF PHILADELPHIA, compiled and edited by Frank S. Drown and Thomas P. Monahan. Pp. 390, Philadelphia, 1959.

There is widespread interest in the creation of Family Courts, which would handle all matters relating to the family, instead of having these spread out among a number of different organizations dealing with juvenile delinquency, child custody and neglect, desertion or non-support, divorce, adoption, and matters of family discord such as assault and battery. The Philadelphia municipal court has long met these specifications, with the exception of jurisdiction in divorce cases, and its operation is therefore a matter of far more than local interest. The report for 1959, just issued, gives a detailed picture together with elaborate statistics that provide material for research in many directions.

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THE EFFECTS OF MASS COMMUNICATION, by Joseph T. Klapper. Pp. 302, price $5 from the Free Press, Glencoe, Ill., 1960.

With a grant from the Columbia Broadcasting system, social psychologist Klapper made this thorough survey of more than 270 studies on a field of great interest and importance. The subject is too broad and complicated to permit of any simple conclusions. Dr. Klapper thinks the evidence shows

that "violence in the media is innocuous for some—probably for the majority — and unhealthy for others." There are many intriguing findings about the effects of a diet of escapist material, about the influence of adult TV programs on child minds, and other subjects that do not lend themselves to easy summary, but deserve wide study. Dr. Klapper, author of two previous books in the same field, made this study while with the Bureau of Applied Social Research, Columbia University.

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MENTAL HEALTH OR MENTAL ILLNESS, by William Glasser. Pp. 208, price $3.75 from Harper & Bros., 49 E. 33d st., New York 16, N.Y., 1960.

"Psychiatry for practical action" is the subtitle of this book, which stresses the ego function, and is written in simple language with very little of the jargon that clouds so many books on the subject. Dr. Glasser insists that merely giving insight to a patient is of little or no value and, if premature, may be definitely harmful. He lays stress on the relationship between therapist and patient. Strangely, he ignores almost completely the part of the clergy in this process. He stresses the importance of the parental relationship but has little to say about the husband-wife relationship. some of his comments may be misleading or confusing to readers with little preparation: e.g., "To satisfy the need for love, one person may become a psychiatrist, another a philanthropist, a third an alcoholic, and a fourth a Don Juan." He pays little attention to heredity, constitution, and the use of drugs in treatment. In general, he has a wholesome point of view which should aid many readers to understand "what it's all about." Dr. Glasser started as a chemical engineer, switched to clinical psychology, then to medicine, and became a psychiatrist later. He is a practicing psychiatrist in Los Angeles, and also associated with several state institutions and organizations.

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INFANT FOODS AND FEEDING PRACTICE, by Herman Meyer. Pp. 332, price $9.75 from Charles C. Thomas, Publisher, 301-327 East Lawrence Ave., Springfield, Ill.

Unless you have a great deal of training in the field of nutrition do not attempt to read this book. There is much that is confusing and misleading. It contains a good bit of reporting on what is now done and some of the justification for current practices. Leadership in making improvements is conspicuously lacking.

Perhaps the best material in the book is contained in the chapter on breast feeding but such information can be better obtained elsewhere. The language is awkward and the complete resignation to the canning industry is sadly apparent. The one statement to the effect that how much breast feeding is seen depends on the attitude of medical staffs is eloquent.—Mary Jane Hungerford, Ph.D.

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ADVENTURE TO MOTHERHOOD, by J. Allan Offen. Pp. 70 (we counted them—they aren't numbered!) Price $2.95 from Audio-Visual Education Company of America, Miami, Fla., 1960.

This is a complete pictorial documentation of the sad state in which the modern woman finds herself when she is expecting and having a baby. The many manipulations to which she is subject are pictured without the slight-

est hint that it might be done differently or is in many other places.

There is no mention of any sort of preparatory reading or instruction. Birth is something that is done to and for Betsy, the heroine of the presentation. She herself is shown anesthetized throughout the delivery and there is no sign of her participation in any way. One wonders why a mother needs to know all this if she is not going to be able to use it.—Mary Jane Hungerford, Ph.D.

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OUR OBSTETRIC HERITAGE, The Story of Safe Childbirth, by Herbert Thoms. Pp. 164, Price $4.75 from The Shoe String Press, Inc. Hamden, Conn., 1960.

This is a fascinating book for those who like to become acquainted with the origins of things. There is a brief discussion of ancient practices and some priceless illustrations to carry the history along. The history of midwives, forceps, cesarean section, anesthesia, and prenatal care in the contemporary sense all follow in succession. Childbirth Education, the latest and most significant development in which he played so important a part, is adequately covered but he does not mention his role in it. There is a fine bibliography and an index. Dr. Thoms' work has covered a half century himself and much that he sees and appreciates needs recording and he has done it satisfactorily.—Mary Jane Hungerford, Ph.D.

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Inexpensive Pamphlets

YAKIMA'S OLDER PEOPLE, a brief look at their situations and problems, by Carol L. Stone. Pp. 25, pub. by Institute of Agricultural Sciences, Washington State University, Pullman, Wash. (Stations Circular 379.)

JEALOUSY—the green-eyed monster, pub. by Cooperative Extension Work in Agriculture and Home Economics, Rutgers University, New Brunswick, N.J.; price 5c; also available in a 9-min. tape.—Problems of children.

STRAIGHT THINKING ABOUT DRINKING, by Herman E. Krimmel, price 30c from National Congress of Parents and Teachers, 700 N. Rush st., Chicago, Ill.

FAMILY COURTS—an urgent need, Pp. 14, price 15c from Supt. of Documents, U.S. Govt. Printing Office, Washington 25, D.C. (Catalog No. FS 3.222:960/7.)

MENTAL HEALTH MOTION PICTURES, a selective guide, 1960. Pp. 98, price 35c from Supt. of Documents, U.S. Govt. Printing Office, Washington 25, D.C.

TODAY'S WOMAN IN TOMORROW'S WORLD, proceedings of a conference commemorating the 40th anniversary of the Women's Bureau, U.S. Dept. of Labor, Pp. 138, price 50c from Supt. of Documents, U.S. Govt. Printing Office, Washington 25, D.C.

THIS CROWDED WORLD, by Frederick Osborn. Pp. 28, price 25c from Public Affairs Pamphlets (No. 306), 22 E. 38th st., New York 16, N.Y.

CHILDREN OF WORKING MOTHERS, Pp. 38, price 20c from Supt. of Documents, U.S. Govt. Printing Office, Washington 25, D.C.

HOW TO DEAL WITH MENTAL PROBLEMS, by Harry Milt. Pp. 14, free on request to Natl. Assn. for Mental Health, 10 Columbus Circle, New York 19, N.Y.

VENEREAL DISEASE EDUCATION, a guide for Teachers, Pp. 29, from Ohio Dept. of Health, Columbus, Ohio.

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